



Carroll County Senior and Community Center's Newsletter

Located in Carroll County Maryland

BOAD Phone: (410) 386-3800

Click on link to visit the Senior Center Website

Click on link for the Bureau of Aging & Disabilities Mission



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SENIOR CENTERS WILL BE

CLOSED

TUESDAY SEPTEMBER 6th

And

WEDNESDAY SEPTEMBER 15th

JOIN US AT THE

**SENIORS
ON THE GO
EXPO**

September 15, 2021

9:00 a.m. to 2:00 p.m.

Carroll County Ag Center

MORE INFORMATION ON PAGE 2

2020-2021 Aging & Disabilities Resource Guide

CLICK HERE to view the Resource Guide on line

OR

EMAIL: ccboa@carrollcountymd.gov

to request to have a copy sent by mail.

Current Senior Center Guidelines

- Masks are NOT required when participants are able to engage in activities that will allow them to remain socially distanced (at least 6 feet apart).
- Masks ARE required when participants are unable to engage in activities that will allow them to remain socially distanced (at least 6 feet apart).
- Food is only allowed in designated areas. Members may bring a drink into an activity.

If you are unsure if an activity meets the mask requirement, please see the respective center staff.

Mt. Airy Senior & Community Center	410-386-3960
North Carroll Senior & Community Center	410-386-3900
South Carroll Senior & Community Center	410-386-3700
Taneytown Senior & Community Center	410-386-2700
Westminster Senior & Community Center	410-386-3850

SENIORS ON THE GO EXPO

RE-Connect—Create—Contribute

September 15, 2021

9am to 2pm—Carroll County Ag Center, Westminster



If you want a CTS ride to the Expo YOU must call 410-363-0622 to schedule. Call beginning August 30th. There will be NO Sign-Ups at the Senior Centers. Questions? Speak with your Center Manager today!

Join Us

Community Programs and Fitness Demonstrations

Learn about Medical Cannabis, latest trends in Frauds and Scams, and Local COVID-19 Info and Updates

Grab and Go Lunches

Walker, Wheelchair and Rollator Repair Clinic

Proper Use of Mobility Devices

F R E E

COVID-19 Vaccinations On-site
Health Screenings

Prescription Medication Disposal
Parking Lot Shuttle Service with
handicap accessible buses

Designated Veterans Area

Technology Assistance with “how to”
lessons and Lending Library Program
Info

Seniorsonthegoexpo.carrollcountymd.gov

410-386-3800

seniorexpo@carrollcountymd.gov

Follow us on Facebook
#SOTGEXPO 2021



Media Sponsors



Carroll County
Times



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Carroll County

Tablet Loaner Program

**Bureau of Aging
& Disabilities**

The Carroll County Bureau of Aging & Disabilities has a Tablet Lending Library that is available at no cost to those who are interested in participating in virtual Aging & Disabilities and Senior Center events, activities and meetings.

- *Call 410-386-3800 to register*
- *Available for pick-up at any of the five senior and community centers*
- *Technical instruction available*



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Virtual Fitness Class Schedule

These classes are for persons 60+ only



**Please review our Fitness and Exercise Disclaimer
before joining any class.**

Instructors will be taking attendance in the beginning of each class so we ask that you enter the "virtual waiting room" 10-15 minutes prior to your class start time. Some classes may require registration when you first click on their link.

Please make sure you are viewing the most recent edition of the Virtual Class Schedule as the links and passwords are continuously changing. If a class link has expired you will not be able to log in to participate.

FITNESS AND EXERCISE DISCLAIMER

THIS DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS.

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN INHERENT RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.

Safety Reminder:

Please make sure you have on the correct shoes and are in a safe environment before you begin class .

(i.e. furniture out of the way, no cords or trip hazards nearby, water bottle and/or equipment safely off to the side).

If you'd like to familiarize yourself with how Zoom works, please click the links below for detailed instructions and videos on how to utilize this platform.

[How to Join a Zoom Meeting](#)



[Joining a Zoom Call for the First Time; Fun and Easy Online Connection \(YouTube Video\)](#)



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Class Schedule

**ALL CARROLL COUNTY SENIOR CENTERS
ARE ALSO OFFERING IN PERSON CLASSES.**



The Partnership
for a Healthier Carroll County

FRIDAY



Fitness Friday

Event details and zoom link to enter the class can be found at the link below OR by going to The Partnership's Facebook page ([Facebook.com/HealthierCarrollCounty](https://www.facebook.com/HealthierCarrollCounty)) and clicking the "events" tab.

<https://www.facebook.com/events/1123691288130923/>

SATURDAY

Virtual Zumba Gold with Yvette Castillo

9:00 am – 10:30 am



<https://us02web.zoom.us/j/6663331488?pwd=ZDJxcmpGUUFZcnRkbW9DQlFpQlRwZz09>

PIVOT

PHYSICAL THERAPY

IN HOME EXERCISES

Click on the link below and type in the access code for videos to show you how to complete the exercises:

<https://pivotpt.medbridgego.com/resources>

LOW BACK STRETCHES

Access Code: EJMZPZF8

and



<https://www.youtube.com/watch?v=7OLFGsBsJFA>

HOW TO GET UP FROM A NON INJURY FALL

Access Code: QFAXHB8C

and

Access Code: DXPPVCTQ



FOOT AND ANKLE STRENGTHENING

One of the keys to having good balance is having strong and flexible ankles.

Access Code: EKMZJB9





VOLUNTEERS NEEDED

The AARP Foundation Tax-Aide is looking for volunteers to support the free tax preparation process in Carroll County for the 2021 tax season. We are looking for compassionate and friendly folk to join our team of volunteers for the upcoming tax season. Volunteers can serve in person or coach taxpayers online or by phone in a variety of roles. In addition to tax preparation support we need client facilitators, technical specialists and site managers.

We provide training and ongoing support in a welcoming environment and every level of experience (or no experience) is welcome.

If you are interested contact
Mike Deutsch at 443-789-8346

WALK LEADER NEEDED!

WALK CARROLL



Hill Y Westminster, MD
1719 Sykesville Rd,
Westminster, MD 21157



If interested please contact
Hayley Slaysman or Tina Antkowiak
tinaantkowak@ymaryland.org

FOR MORE INFORMATION
ABOUT WALK CARROLL
CONTACT

**THE PARTNERSHIP FOR
A HEALTHIER CARROLL COUNTY**

LuAnn Beck-Day
410-871-6372

lbeck-day@lifebridgehealth.org



CCPL PROGRAMS



BOOK CLUB

MEET IN PERSON
at the Mt. Airy Library
or

JOIN USING ZOOM

REGISTRATION REQUIRED

More information can be found at

library.carr.org

September Book Discussion

The Book Women of Troublesome Creek
by Kim Richardson



Meeting on September 23rd 12:00 p.m.

October 28th

Just Mercy by Bryan Stevenson

November 18th

The Secret of the Old Clock by Carolyn Keene

--- PRESS RELEASE ---*For Immediate Release*

Operated by Ride With Us

New Fare Option for Demand Response Riders

Westminster, MD, Thursday, March 25, 2021 – Effective Monday, March 29th, Carroll Transit System (CTS) will offer an enhanced fare account feature for riders who use the demand response service. This new feature will allow customers to “pre-load” funds into their fare accounts to use for all scheduled rides.

In addition to the driver accepting cash and tickets, this internal account allows riders to deposit funds ahead of time by sending cash, checks or using a credit card (for a fee) for demand response rides. CTS will add the funds into the fare account and as the rider schedules trips, the account will decrease by the cost of the ride. If using this system and keeping a sufficient balance in the account, cash or tickets will no longer be required to ride as transportation will be pre-paid.

At this time, these new fare accounts are only available for Demand Response trips.

Please see <http://www.carrolltransitsystem.com> or call 410-386-5550 for more information.

As a reminder, to continue preventing the potential spread of COVID-19, buses are restricted to 50% maximum capacity to allow for appropriate physical distancing. Additional buses are on stand-by in the area to pick up riders as needed. All CTS drivers and riders must follow the Governor's orders that require a mask or facial covering to board a CTS vehicle. Facial coverings must stay in place for the entirety of the trip, including entering and exiting the vehicle. CTS reminds all riders to wash your hands, cover your cough and sneeze, and if you are feeling sick, been in contact with anyone with COVID-19, or running a high temperature, please stay home to help prevent the spread of the virus.

If services are adjusted further due to COVID-19, notices will be posted on our [website](#) and on all buses. Passengers are encouraged to call dispatch for questions or to confirm a ride at (410) 386-5550.

FOR IMMEDIATE RELEASE

**Contact: Stacey Nash, Transportation Grants Manager
410-386-2301**

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Trailblazer Updates:



Operated by Ride With Us

Click the link for CTS press release and details
<https://www.carrollcountymd.gov/government/directory/public-works/carroll-transit-system/>

Technology Assistance



If you're in need of some tech assistance, please consider clicking on some of the links below! The websites listed include helpful tips on how to navigate through various topics such as Apple ID, downloading apps, bookmarks, emails, Twitter, Facebook, Lyft, Spotify, WIFI, Zoom, etc.

- [Senior Planet](#) is hosting free online classes for older adults on topics including introduction to social media, how to use Zoom, and virtual social gatherings.
- [Tech Tips Video Tutorial](#)
- [How to Become Tech Savvy Seniors in 10 Days](#)
- [AARP TEK workshops](#) are free of charge to the public
- [Instructions for Accessing Your Virtual Workshop through Zoom](#)
- Download the FREE App "[Easy Tablet Help for Seniors](#)". It is available at no cost in the Apple, Google Play and Amazon App Stores. Note: There are no ads or in-app purchases. The interactive tutorial teaches:
 - Basic Functionalities: Tapping a touchscreen, enlarging and shrinking a page, scrolling, location of buttons, how to navigate the keyboard
 - Internet Safety, Searching and Communicating: Texting, video-calling (Zoom, FaceTime, Skype), getting a Gmail account or using an existing email account)
 - More: How to use YouTube, the camera, attaching a photo to an email, apps, etc.
 - Demonstration: www.generationsonline.org/gol4ipad

Donations:



Please note:

Due to COVID-19, Carroll County Senior and Community Centers are unable to accept donations of any kind (i.e. clothes, equipment, books, sewing materials, etc.) at this time.
Thank you!

NUTRITION AND WELLNESS

DASH-Plus



DASH-Plus is a high blood pressure management program for adults who have high blood pressure (with or without medication) and are 55 and older. Participants will learn the Dietary Approaches to Stop Hypertension- Plus approach to managing high blood pressure.

The program is led by dietitians and trained University of Maryland Extension Educators

You will be asked to fill out a voluntary pre and post survey at the beginning and end of each session that will take ~5 minutes.

Sign-up now for the full 8-part series!

If you need a reasonable accommodation to participate in any event or activity, please contact the educators: **Lisa McCoy, MS, RDN** and **Theresa (Terry) L. Serio** on or before July 19th, 2021, at lmccoy@umd.edu and tserio@umd.edu (**August sessions**) **Shauna Henley, PhD** and **Jennifer Dixon Cravens, MS** on or before **August 19, 2021**, at shenley@umd.edu and jdixoncr@umd.edu (**September sessions**)

UNIVERSITY OF
MARYLAND
EXTENSION



FREE EVENTS

This will be an **online 8-part Zoom webinar series** with 1 session every week beginning on Monday, August 2nd, 2021 and running through September. To sign up, please click on the links below. Dates and times are planned as:

Introduction to DASH-Plus

Monday, August 2, 2021 1:30 – 2:30 pm

Link: <https://go.umd.edu/DASHIntroG1>

Sodium

Monday, August 9, 2021 1:30 – 2:30 pm

Link: <https://go.umd.edu/DASHSodiumG1>

Grains

Monday, August 23, 2021 1:30 – 2:30 pm

Link: <https://go.umd.edu/DASHGrainsG1>

Dairy

Monday, August 30, 2021 1:30 – 2:30 pm

Link: https://go.umd.edu/DASH_DairyG1

Fruits & Vegetables

Thursday, September 9, 2021 1 - 2 pm

Link: https://go.umd.edu/DASHFruits_VegG1

Shopping & Budgeting

Thursday, September 16, 2021 1 - 2 pm

Link: https://go.umd.edu/DASHShop_BudgetG1

Meats & other protein

Thursday, September 23, 2021 1 - 2 pm

Link: https://go.umd.edu/DASHMeat_ProteinG1

Fats & Sweets

Thursday, September 30, 2021 1 - 2 pm

Link: https://go.umd.edu/DASHFats_SweetsG1

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

Carroll Hospital Education



Community Education

→ Programs • Classes • Support Groups • Screenings

PARKINSON'S DISEASE

Free information session for newly diagnosed individuals, including early onset Parkinson's

Thursday, September 16, 6:30 – 8 p.m.


Join us for this presentation with guest speaker
Aruna Bollineni, M.D., of Carroll Health Group Neurology.

- What is Parkinson's Disease?
- Treatment options
- Interactive question-and-answer session
- Support and resources

Participants may attend in person or virtually. For more information or to register, call Care Connect at 410-871-7000.

For information or to register, please call **410-871-7000**
or visit LifeBridgeHealth.org/Carroll

200 Memorial Avenue • Westminster, MD

 **CARROLL
HOSPITAL**
A LifeBridge Health Center
Tevis Center for Wellness

CARE BRAVELY

Carroll Hospital Education



It's All About Diabetes Wednesdays



Wednesdays, 2:00 to 3:00 p.m.

*Providing health and wellness information
related to diabetes every week by phone.*

To join, call the number below and enter the code when prompted.

1-646-741-5292

Access Code: 111-1059-1175

No registration.

For information or to register, please call **410-871-7000**
or visit CarrollHospitalCenter.org

200 Memorial Avenue • Westminster, MD

 **CARROLL
HOSPITAL**
A LifeBridge Health Center
Tevis Center for Wellness

Carroll Hospital Education

Grief Support Services

**Call 410-871-8000
for more information.**

Healing after a Substance Loss Support Group

Open to those who have experienced the death of a loved one related to substance abuse or addictions. The group addresses the unique emotional issues surrounding the loss and offers coping strategies.

Tuesday, September 7th 5:00 p.m.– 6:30 p.m.
Please call **443-875-8763** to register and obtain access to this virtual group.

Mending Hearts Support Group

Open to parents who have lost a child
Monday, September 20th 6:30 p.m. – 8 :00 p.m.

Please call **410-871-7656** to register and obtain access to this virtual group.

Pathways Grief Support Group

Open to anyone who is grieving the loss of a loved one. The group addresses emotional issues surrounding the loss and offers coping strategies.

Wednesday, September 15th 7:00 p.m.– 8:00 p.m.

Please call **410-871-7656** to register and obtain access to this virtual group.

Widows & Widowers Support Group

Open to adults who have lost a spouse
Tuesday, September 7th 6:30 p.m.. – 8:00 p.m.
Please call **410-960-7568** to register and obtain access to this virtual group.

Support Groups

Support groups may be offered in person, virtually or a combination.

Please Call 410-871-7000 to register and obtain information.

Breast Cancer Support Group

Tuesday, September 14th 7:00 p.m.. – 8:30 p.m.

Caregivers Support Group

Tuesday, September 14th 4:30 p.m.—6:00 p.m.
Carroll County Bureau of Aging and Disabilities
125 Stoner Ave. , Westminster
For more information call 410-386-3833

Diabetes Support Group

Thursday, September 16th 5:00 p.m. -6:00 p.m.
Offered virtually with Zoom
Meeting ID: 551 427 6168
Call in: 1-301-715-8592
No registration required

Gather & Connect *For those living with cancer (and their families) to share their experiences*

Monday September 27th 4:30 p.m.– 6:00 p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, September 8th, 5:30 p.m.-7:00 p.m.
Carroll County Aging and Disabilities
125 Stoner Ave. Westminster
For More information, call 410-386-3833

Multiple Sclerosis Support Group

Monday, September 20th, 10:00 a.m.-12:30 p.m.

Ostomy Support Group

Wednesday, September 8th, 6:00 p.m.-7:00 p.m.

Parkinson's Support Group

Wednesday, September 8th ,1:00 p.m.-2:00 p.m.

Stroke Survivors Support Group

Thursday, September 9th 10:00 a.m. -11:00 a.m.

Carroll Hospital Education

Special Services

Cancer Navigation Services

A free, comprehensive resource for those pending a diagnosis or in any stage of all types of cancer.

Call **410-871-7000** for more information.

Care Connect Navigation Services

Support and guidance for people living with health conditions.

Call **410-871-7000** for more information.

Center for Breast Health

A free, comprehensive resource for those pending a diagnosis, at any stage of breast cancer or for general breast health needs.

Call **410-871-7080** for more information.

Complementary Health Services

By appointment only. Call **410-871-7000** for availability of services.

Acupuncture, Integrative Reflexology, Massage, NDA (Auricular Acupuncture for Weight loss and Addiction), Reiki

Genetic Counseling

*For cancer patients and those at risk for the disease. Telemedicine and in-person appointments at Carroll Hospital are available. A physician referral is required. Call **410-601-5085** for more information.*

Studio YOU

*Features one on one consultation for a wide selection of support items, including wigs and head coverings for those with cancer and medical hair loss; mastectomy bras and breast prostheses; and more. Limited quantities of wigs and head coverings are available free of charge. East Pavilion in the Wellness Boutique appointments required. Call **410-871-7000** for more information.*

Special Programs

4 Weeks for Wellness (Throughout August)

Inspirational weekly emails and calendar of daily wellness prompts

Sign up at lifebridgehealth.org/4weeks.

Carroll Hospital Farmers Market

Shop for locally grown fruits and vegetables and other items while supporting local farmers.

Thursdays 11:30 a.m.– 3:30 p.m.

Third level of parking garage.

Visit lifebridgehealth.org/farmersmarket for more information.

Kidney Smart Online

For more information or to register, call 888-695-4363

Living Healthy, Living Well (Mailed Toolkit)

These evidence –based programs introduce information and skills that help people with chronic pain, diabetes, and physical and mental health conditions lead a healthy life. Participants complete their specific program at their own pace in addition to a weekly conference call with a trained facilitator.

Thursday, September 16th, 6:30 p.m.– 8:00 p.m.

Free Registration required: Call **410– 871-7000** for more information or to register.

Carroll Hospital Education

Special Programs (continued)

Parkinson's Disease

This presentation will provide information on diagnosis, treatment, support and resources related to a new diagnosis.

Presented by Dr. Aruna Bollineni, M.D., neurologist

Thursday, September 16th, 6:30 p.m.—8:00 p.m.

Free Registration required: Call 410-871-7000 for more information or to register

TryVent: Family Fun!

Join the Partnership of a Healthier Carroll County for this fall expo promoting physical activity and wellness. Try mini fitness classes, family games and learn more about Carroll fitness and wellness resources.

Sunday, September 12, 1:00 p.m.—4:00 p.m.

(Rain date September 19th)

Westminster City Park

11 Longwell Ave. Westminster

No registration required

Mind and Body

Vinyasa Yoga (mixed levels)

Thursdays, September 9th, 16th, 23rd, 30th

5:30 p.m.—6:30 p.m.

Tevis Center for Wellness

\$52 per 4– week session

Screenings

Blood Pressure Screening

Tuesday, September 21st, 10:00 a.m.— 11:00 a.m.

Tevis Center for Wellness

No registration required

Skin Cancer Screening

Friday, September 24th

Tevis Center for Wellness

Free, registration required, **Call 410-871-7000** for more information or to schedule.

**All programs are free of charge
and require pre-registration unless otherwise noted.**

All fees are nonrefundable.

To register or for more information, call Care Connect at 410-871-7000.

Gift Certificates available for complementary health services. Call 410-871-7000
for more information or visit

lifebridgehealth.org/tevisgiftcertificates



WELLNESS WEDNESDAYS

Join us Live on Facebook every Wednesday at noon for our Wellness Wednesdays! Brought to you by The Partnership for a Healthier Carroll County and our local partners! If you would like to be a partner, email thepartnership@healthycarroll.org



Community partners will present information and resources on a variety of health and wellness topics.

<https://www.facebook.com/HealthierCarrollCounty>



Carroll County Bureau of Aging & Disabilities



Caregiver Courier

Summer 2021
Volume 2, Issue 2

Click on the link below to read this issue

www.carrollcountymd.gov/aging-and-disabilities

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**For information and registration call
Mary Jane Overby at 410-386-3800**

The National Caregiver Support program and the Grandparents Raising Grandchildren program are provided by:



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NATIONAL FAMILY CAREGIVERS SUPPORT PROGRAM

Carroll County

S U P P O R T G R O U P S

Grandparents Raising Grandchildren

meets in a casual and welcoming environment, offering support to grandparents who are raising grandchildren. Grandparents have the opportunity to meet other caregivers, develop a network of support and receive information about services available. The support group is open to older adults raising grandchildren under 18 years of age.



Second Wednesday from 5:30PM—7:00PM

Caregivers of Older Adults

is an ongoing support group that is designed to help caregivers cope with the challenges of caring for their relatives. Caregivers have the opportunity to share their experiences, participate in educational discussions and receive comfort and positive reinforcement to help guide them through what can be a difficult journey.



Second Tuesday from 4:30PM—6:00PM

Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster



To register please contact Mary Jane Overby at 410-386-3833 or moverby@carrollcountymd.gov.

Visit our website
www.carrollcountymd.gov/aging-and-disabilities
for more information about our programs.



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Live your best life and
connect with others.

**Join a *FREE*
At-Home
SELF-MANAGEMENT
Program
Workshop
Today!**



All you need is a phone.
You will meet other participants
and the workshop leader in a
weekly call.



You'll get a reference book, a
self-test to help you decide
what you want to focus on, and
tips sheets to help you manage
your conditions.



The work is done at your
convenience and the 1-hour
calls are scheduled over
a 6-week period.

**Choose between the
following mailed
programs to do from
home at your own
pace:**

- **Chronic Disease**
- **Diabetes**
- **Chronic Pain**

For more
information contact:

Leslie Wagner
lwagner@carrollcountymd.gov
410-386-3818



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.



Carroll County's State Health Insurance Assistance Program (SHIP) provides free local help to individuals with Medicare. If you are turning 65 this year, then you are eligible for Medicare. If you are still working or are not receiving a Social Security check, then it is up to you to proactively enroll in Medicare.

We invite you to attend our free virtual informational workshops for individuals who wish to learn more about Medicare. We are offering virtual Transitioning to Medicare – Parts 1 and 2 monthly.



LOCAL HELP FOR PEOPLE WITH MEDICARE

TRANSITIONING TO MEDICARE - Part 1

Online Presentations, choose one:

June 16th 2021 @5:00 PM

July 14th 2021 @5:00 PM

August 18th 2021 @5:00 PM

September 22nd 2021 @5:00 PM

October 20th 2021 @5:00 PM

November 10th 2021 @5:00 PM

December 8th 2021 @5:00 PM

Please go to Carroll County Public Library link below to register.

Original Medicare (Parts A, B, and D), the Advantage Plans (Part C), Supplement Plans (also known as Medigap policies), fraud and abuse and Medicare Savings Programs.

TRANSITIONING TO MEDICARE - Part 2

Online Presentations, choose one:

June 23rd 2021 @5:00 PM

July 21st 2021 @5:00 PM

August 25th 2021 @5:00 PM

September 29th 2021 @5:00 PM

October 27th 2021 @5:00 PM

November 17th 2021 @5:00 PM

December 15th 2021 @5:00 PM

Please go to Carroll County Public Library link below to register.

Take a closer look at Medicare Supplemental plans (also known as Medigap or secondary plans) and Advantage plans.

You will need to register at: <https://ccpl.librarymarket.com/events/month>

**Bureau of Aging and Disabilities
125 Stoner Ave.
Westminster, MD 21157**



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Sponsored By: Carroll County Bureau of Aging & Disabilities



Carroll County Veterans Services Program offers services to Veterans of any age, a widow or widower of a Veteran, a child of a deceased or disabled Veteran and parents who lost a son or daughter in military service.



VETERANS SERVICES PROVIDED

- Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- Assist Veterans with obtaining their military discharge (DD214).
- Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration.
- Link veterans to the VA Healthcare system, advocate for Veterans and their families and connect Veterans to other community agencies, services and providers.
- Track claims and assist with additional development requests made by the Veterans Benefits Administration.
- Assist with denied claims by filing Notices of Disagreement or filing Appeals to reverse the negative decision.
- Veterans Assistance Program/Case Management Services

FREE VETERANS SHUTTLE

- Free Shuttle to transport Veterans to four VA medical facilities:
Baltimore, Loch Raven, Ft. Detrick and Martinsburg, WV
- Pick up at Coinvent, centralized locations
- Caregivers also ride for free

Located within the
Carroll County Bureau of Aging and Disabilities,, 125 Stoner Avenue
Westminster,, MD 21157

410-386-3800

<https://carrollcountymd.gov/carrollveterans>



If you're feeling anxious, depressed,
or just need someone to talk to,

CALL 211

or dial 443-608-9182



Connect with someone who can help.

Call the **211 Maryland United Way Helpline** and ask to be connected to the WARMLine. You'll talk with someone who will listen to your concerns and refer you to additional resources.

Mental health professionals are available weekdays from 10:00 a.m. to 6:00 p.m.

Follow these easy steps:

1. Dial 211 (or 443-608-9182) from any cell phone or landline.
2. Ask to be connected to the WARMLine.
3. Speak with a caring call specialist who will listen to your needs.
4. You will be referred to any additional resources you may need.

United Way of Central Maryland has provided a grant to Pro Bono Counseling to support Marylanders who are experiencing mental health issues related to the COVID-19 pandemic and other reasons.

For more information, visit <https://probonocounseling.org/>

PRO BONO
COUNSELING
PROJECT

Maryland Legal Aid

For the health and safety of staff, clients, and visitors, MLA's 12 statewide offices have re-opened for walk-in intake on a limited basis. The walk-in intake procedures follow a strict set of protocols intended to protect the health and safety of all staff, clients, and visitors. As such, clients should not bring guests with them when coming to MLA offices.



Those seeking in-person assistance will undergo a brief health assessment and temperature check, and will be required to social distance and wear a mask/face covering that covers the nose and mouth during their visit.

Applicants can continue to apply for help by telephone and online, 24 hours a day, 7 days a week. Current MLA clients should call their advocate before coming to an MLA office.

Each of MLA's 12 statewide office locations is taking CDC-recommended health and safety precautions against COVID-19, and is prepared to assist individuals with a variety of civil legal issues, including, but not limited to:

- Illegal evictions
- Family law matters
- Bankruptcy filings
- Debt collection disputes
- Denials or terminations of unemployment and public benefits

Additionally, MLA's Community Lawyering Initiative is still actively providing legal assistance in person and by email and telephone in coordination with local libraries, schools, and community partners.

**Maryland Legal Aid's
Midwestern Maryland Office
22 South Market Street
Suite 11
Frederick, MD 21701**

**Telephone Intake: 301-694-7414
Online Intake: www.mdlab.org**

<https://www.mdlab.org/covid-19-information/>

Connect with us





Are you being evicted?
Are you behind in paying rent?
Apply to see if you Qualify!

If you or someone in your household have experienced a financial hardship due to COVID-19 and are behind on your rent, the Emergency Rental Assistance Program, recently established by the U.S. Treasury, may be able to help.

To Be Eligible

You must be renting in Carroll County.

You must have lost income or experienced a financial hardship due to or indirectly related to COVID-19.

Household income must be at or below 80% of area median income.

Household Size	1	2	3	4	5	6	7	8
80% Median Income	\$55,950	\$63,950	\$71,950	\$79,900	\$86,300	\$92,700	\$99,100	\$105,500

Required Documentation**

Copy of your current lease or rental agreement signed by your landlord

Proof of household income

Proof of COVID related hardship

- *Proof of unemployment claim or award letter*
- *Letter from employer(furlough letter, details of reduction in hours etc.)*
- *Proof of reduction in childcare due to COVID from daycare provider or children's school*
- *Proof of positive illness or quarantine or isolation order due to COVID (ex. discharge note from hospital, doctor's confirmation)*
- *Paystubs showing reduction in hours/pay (multiple paystubs required including a pre-COVID paystub)*
- *If you incurred a significant cost related to COVID*

Letter of delinquency or rental ledger which details the month and amounts behind on rent

**** Written attestation may be accepted in lieu of documentation.**

COVID-19 Emergency Rental Assistance Program (ERAP)

The ERAP program is administered by Human Services Programs of Carroll County. For additional information: 410-386-6620 — renthelp@hspinc.org — www.hspinc.org



Senior Assisted Living Subsidy (SALS)

The SALS Program provides subsidies on behalf of eligible senior residents of assisted living facilities which are enrolled in the program and licensed by the Maryland Department of Health.

THE MAXIMUM MONTHLY SUBSIDY IS \$1,000

ELIGIBILITY REQUIREMENTS:

1. Asset Limitation: \$19,000 per individual
\$25,000 per couple
2. Income Limitation: \$3,002* gross per month per individual
\$3,925* gross per month per couple
**Gross Income does not include VA Aide & Attendance*
3. Functional Assessment regarding Activities of Daily Living
4. 62 years of age or older

For more information and / or an application, contact

Kristen Harvey

at

Carroll County Bureau of Aging & Disabilities

410-386-3800



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Beware of Phone Scams



Securing today
and tomorrow

Social Security wants you to know about widespread phone scams where scammers pretend to be government employees. They may tell you about a Social Security-related problem to gain your trust and steal your money. We want you to hang up on scammers – help us “slam the scam”!



IF YOU RECEIVE A SUSPICIOUS CALL:

- 1** Hang up
- 2** Do not give money or personal information
- 3** Report the scam at ***oig.ssa.gov***

Social Security may call you in some situations but we will never:

- » Threaten to arrest you unless you pay a fine or fee
- » Suspend your Social Security number
- » Require immediate payment from you by cash, gift card, pre-paid debit card, or wire transfer
- » Demand secrecy in dealing with a Social Security problem

Protect yourself, friends, and family: don't forget to “slam the scam”!

Social Security Administration Important Information

We are still available to help by phone.

A local representative is available to take your call Monday
thru Friday from 9:00 a.m. – 4:00 p.m. at:

(TTY) 1-800-325-0778

We may be able to schedule an appointment if we
cannot help you by phone.

Please do not come into one of our local offices.
We cannot accept walk-in visitors at this time.

You may also visit **SSA.gov**.
Many of our services can be completed online.

Visit **CDC.gov** for information about COVID-19.



Securing today
and tomorrow

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